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The invention provides a building component/comprising first and second high density foam panels each having inner and outer surfaces, top and bottom, and first and second ends, the panels arranged in spaced parallel relationship with their inner surfaces facing each other, and at least/two bridging members extending between and through and molded into the panel members. Each bridging member comprises a pair of elongated end plates oriented vertically and abutting against the outer surfaces of the panels; a thin narrow strip member joining the mid-areas of the end plates; a series of first marrow bracing members extending from positions adjacent a mid-point of the narrow strip member to positions spaced a short distance from the ends of the end plates; and a series of second narrow bracing members extending from positions on the first bracing members to positions on the strip member intermediate the plates and the mid-point of the strip member.

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